



Expectation Inventory

1. Why do I have this expectation?
2. Where did it come from?
3. What's in it for me?
4. Is it based on my needs or my child's?
5. What purpose does it serve?
6. Does it realistically fit this particular child at this age and with this temperament and background?



Ten Commandments of Discipline The

- Calm down, think and use your common sense.
- Be both firm and kind- know that you have authority but use it fairly.
- Provide choices for your child. If what you're doing doesn't work change it.
- Mean what you say and say it at the child's level. Be clear—explain things fully.
- Separate the deeds from the doer- correct their behavior, don't attack their self-esteem.
- Help your kids make their own decisions.
- Set a good example and praise kids when they do something right.
- Talk less, act more. Correct kids right away—then forgive and comfort them.
- If what you're doing doesn't work, change it.
- Do not use physical punishment—we want to teach, not hurt our kids.